Lowell House of Improv

The House of Improv is here to study and practice Improvisational Music, Performance, and digital art and present performances by students and rep cast in original unique productions. The objective of the House Of Improv is to study the Art of Performance through improv techniques, original music, and art, which stress the community involvement of people who would not normally have the opportunity to be involved in the Theater, Music, Art or the Performing Arts. Reality Theater and Hybrid Theater will be developed. The performance company or players may be called The Flugnoids and a theme developed according to the cast involved to create a melting pot of creativity.

A new era of multi media entertainment. Studies will include: Warm-up exercises, Action Theater Basics, Theater Games, and what I call the Orchestra of Sounds (the observation of sound and its textures). Korg Keyboard Workstations 01wFD, i-30 and Karma series will be included in the study and performance of the Performance Company that will develop. All music styles will be utilized including Classical, Jazz, Rock, Blues, Country, New Age, Electronic, Experimental and others.The performance Company will develop characters and original script outlines from exercises, games and studies

Institute for Creative Expression

The Institute was formed to offer quality instruction with sincerity for a reasonable tuition to the community of the greater Lowell area and the Merrimack Valley.

Developing a creative atmosphere designed not only for the elite but for the regular person has never really been accomplished with any genuine lasting community value or significance - until now, with the Institute for Creative Expression. The Institute provides quality studies in many areas of creative interest, from improvisation workshops (including Instant Theater) to study groups in significant acting techniques (including the Sanford Meisner method).

Our goals is to take the best from the best and making the best of it. Since we have some of the greatest minds of this century involved with our operation, we have the luxury of keeping up with the main stream and the independent currents, and backing production projects that are years ahead of their time.

We invite the participation of anyone who wants the opportunity to be involved with the world of creative expression in whatever form they find comfortable and natural. We conduct our programs so that creative development can sprout and find its expression with the full support of staff and students/participants, and without fear of rejection or lack of encouragement.

The Institute welcomes anyone unfamiliar with or uncomfortable in conventional theater, music, art, film, or performance art, who wishes to explore original user-friendly exercises and techniques that can be practiced and developed both in a performance art setting, and during ordinary life routines and activities.

We welcome people who are left outside the mainstream culture for whatever reason and offer instruction for a reduced rate. We find that sometimes the most interesting art is produced by those who for one reason or another are automatically left outside the culture or who are perceived to have limited means of expression.

Lenny Hall aka Lance Gargoyle is a self styled improvisaionist in Music + Writing since 1975, Film since 1986,Theater since 1994 and Art since 1999.His Studio has been open at Western Ave since 2006 Trained in Theater and Improv.Self Taught Writer,Digital Artist,Musician,Artist,Videographer and Performance Artist.Visit on Open Studios at WESTERN AVENUE STUDIOS every first Saturday of the month.Largest Meda collection about Lowell MA including 70 films,3000 original recordings,Stories about Lowell, Paintings and original art for sale and FREE Over 1200 FREE SONGS on GOOGLE PLAY

Lance Gargoyle AKA Lenny Hall has been creating and recording his own self styled original music since 1975.With over 2000 songs on CD Baby,over 100,000 downloads during mp3.coms early days,200 videos onyoutube and years of performing his music around Lowell Massachusetts his music covers all genres from Classical toJazz, Rock,Country and everything in between.He is trained in theater and improvisation.He operates LOWELL HOUSE OF IMPROV-
BRAIN OIL PRESS-UNITED PROTOTYPES-SLIMELINE CINEMA-
SOUL PATCH FILMS-CHEAPNESS RECORDS &

INNOVATED DIVERSIONSat Studio A101
@ Western Avenue Studios in Lowell MA.since 2006.

Instant Theater

Instant Theater utilizes one's natural abilities while boosting weaker areas through positive reinforcement, in order to encourage finding the reality of yourself. Instant Theater is a study that incorporates self-observation and self-study in a genuine comfortable environment. It increases self-awareness by stripping away the outer layers of limited thinking, misconceptions, and social conditioning, to disclose the kernel that lies beneath. It reorganizes human mentation so that it is more sensitive to things that are there anyway by intuition, insight, and experience. It can involve spontaneous, modern, visual,abstract, and even orchestral art and performance.

Instant Theater begins with breathing and listening. Then to movement and sound then to movement and narrative. It is a practical method of performance study and self expression that involves improvisation techniques developed from Action Theater and Keith Johnstone combined with a hybrid blend of original concepts. The study and practice of these revolutionary techniques make the learning, developing, and discovery process fun and always interesting.
Every student and participant will develop at his or her own level adding his or her unique ingredients to the performance soup. Instant Theater can be an oasis of congenial instruction for those tired or discouraged by ordinary theater, musical or improvisational study, practice or performance.

Instant Theater shakes things up and challenges your imagination. Instant Theater can add dignity of your own presence and enable you to transcend any false culture. It can be studied, developed and practiced in any space, in any environment,alone or with others, and during one’s usual daily routine within any life situation.
Instant Theater means polishing life's adventure to produce a higher quality of performance. It expands and strengthens one’s capabilities and possibilities naturally and organically to the point where the ordinary can be exciting. Self-developmental theater and honest human interaction create genuine and authentic performances.

Instant Theater is a technique/practice designed not as a form for self gratification,but as an instrument to stimulate internal centers of perception transcending normal receptivity. Instant Theater is an improvisation method that can be practiced and developed by anyone regardless of lifestyle, education, occupation, vocation, physical, emotional or mental disabilities, experience in the performing arts, or social, cultural, or economic background or conditions.

Instant Theater encourages developing original characters. Interacting and

blending with other students will help create dynamics that produce natural and genuine drama and expression and enhanced sensitivity, giving life a fresh spin.

Instant Theater may be experimental or it may be conventional. Instant Theater is rejuvenating. Interest, involvement and commitment to the practice of Instant Theater, like any sincere endeavor, can give your life meaning and significance.

Instant Theater can reveal the essence of reality. It is a radical approach to combining theater, improvisation and music, art and film. Building bridges between cultures and transcending regional boundaries helps develop a sense of priorities and belonging to the human community. It is plain to see how self-absorption and isolation in one’s daily life produces a dearth of activities that could connect and expand one's identity. Instant Theater brings a shift from the exclusive experience of a separate self to a more balanced and connected self. It permits a deeper experience of reality in its fundamental holistic aspect, for a healthy life with flexibility of consciousness. It shifts the guiding intent from self-centered motivations, allowing things to happen spontaneously to increase one’s knowledge of one’s larger, connected identity.

The creative impulse is something everyone possesses. Instant Theater is designed to enable students to make discoveries and develop at their own pace, with the assistance of prescribed exercises given by the instructor according to their level of interest and commitment to the study. Students will be encouraged to develop original characters that may be incorporated and integrated into a current or future productions, exhibitions, or class exercises. Instant Theater involves teaching students in a way that they can learn by non-traditional approaches. It illustrates in sometimes exaggerated form the kind of fallacious thinking that prevents more sophisticated uses of the mind, and increases the students’ ability to absorb new or undiscovered levels of creative expression. Instant Theater may relieve self-centered sufferingand convert manic energy into creativity. Intuitive communication unites people through collective innovation and performance.

In Instant Theater the studies are always kept interesting, so the process has the most momentum and the students remain energized involved. Instant Theater is a study that is practiced during ordinary everyday life activities. Instant Theater is a form of self expression that includes the study of Listening, Sound, Movement, Motion,Narrative, Storytelling, and Improvisational Music are all parts of Instant Theater.Instant Theater can help anyone looking to free up suppressed

creative energy,
whether they are actors, musicians, artists, or anyone involved or interested in the performing arts. Its a unique and original performance training technique that can be developed and operated by anyone regardless of social or educational background, or previous level of formal instruction in the arts. For those who feel crippled in mind and spirit, Instant Theater can take off the hard edges and enhance one's enjoyment of life's folly.

Sometimes primal, some times futuristic, Instant Theater is always innovative and inventive, while still operating within its social, study or practice situation. No experience is required. Instant Theater makes your reality more exciting, and helps you recognize the truth about yourself. Instant Theater gets beyond the social masks, to reveal new ideas and methods for discovery.

Shake things up. Challenge your imagination. Make what's important. Give a voice to people you wouldn't normally hear. Emerge from the culture of the false. Find the dignity of your own presence.

Volunteers and interns are welcome.

No experience needed - training will be provided.

Help needed: Video Cataloging - Audio Cataloguing - Web Page Maintenance

Lenny Hall has had extensive training in both theater and improvisation and has been involved with the theater and improvisation for over ten years. Studying at Southwick Studio for Theater Arts and Expression with Andrea Southwick, Curt Miller, Craig Foley and other notable teachers from the Boston and Greater New England Area. He has done everything from scene study and improvisation to storytelling and acting technique workshops and has appeared in several summer productions. The following are the most memorable:

My training and experience in both theater and in improvisation gives me a more complete understanding of the practice and performance process.

Stage Performances

Rhimers of Eldridge as Josh Johnson

Traveling Show as George

Cementville as Eddie

Richard the Third as Lord Rivers

Mad Woman of Chaillot as The Sewerman

The Dining Room as Charlie and Ben

The Tempest as Caliban

The Marriage Proposal as Lomov

Improv Study/Teachers

Collinge/Pickman 1995
Mass College of Art 1996
Keith Johnstone Work Shop 1996
Marjorie Burren 1996-1998
Jeannie Lindheim (Clown Workshop) 1997
Curt Miller (Southwick Studio) 1999
Sarah Hickler (Action Theater) 1999-present
Ruth Zaporah (Action Theater) 1998-present

Casting Roles For Future 2017 Productions

:Sidney Hipple :Duke Of Dingy

:Lance Gargoyle :Profeesor Berry

:Tony D'Wonderful :Sargeant Smegman

:Bobby Venus :Doctor Perverto

:Klunky Klipman :The Peeper

:Rufus Bing :The Smegmanettes

:Vito Vaselini :Danny Dupa

:Queen Dingy :

:The Flugnoids-Progressive Community Performance Project

:Pick Scales-Local Jazz Legend

:Riff Tempo-Guitar Wizard

:Crimpy Lee-Publicity Tramp

:Weirdola-Media Hog

:Mick Richards-Media Film/Music Honcho

:Floridia Parsons-Genuine Cultural Supporter

:Russell Sprouts-Newspaper Reporter

:F.U.Maggott - Multi-Media Baron

:Mustard Green - Resident Philosopher

THIS IS ALL THAT IS REQUIRED

Time – Interest – Motivation – Enthusiasm

FOR

Off The Grid Theater - Street Theater with all the edges

Modern Bohemian

My process in making art for my productions is to do it cheaply,creatively,quickly,and easily.My current series Steadman Zenhead uses only a two finger application process where I dip two fingers in the paint and throw it on the canvas.Black on White or White on Black.This series is called Steadman Zenhead because the process was inspired by Ralph Steadman and the result is a zen like expression.Some observers of this new series find objects or other things in this work.To me each Splatter,each line,each crossing of lines,each speck,each clouster of paint makes me look and see where that universe could go from where it is.To me its the beginning of life.Each Speck,Splatter and Crossing is still another world yet still unknown.

It may seem amazing of my output and creative productivity in music,art,film and writing and all the time spent video recording bands and other activities including the tens years I spent studying theater and improvisation,all the classes and all the plays and workshops I was in at SouthwickStudios and improvisation with Ruth Zaporah.All the time reading,reading, reading. I think my greatest feat was doing it while also working one,two and sometimes three jobs unrelated to my personal or creative interests and paying for them and my life expenses .

STUDIO A101

Innovative Diversions - Management,Promotion and Archives

Urban Dervish – Exhibit,Production and Performance

Lowell House Of Improv - Instruction and Performance

United Prototypes – Visual & Audio Props For Theater + Film

Cheapness Records – Recording Library of my Music & Others

Slimeline Cinema – Films of Bands,Freinds,Family+Activities

Soul Patch Films – Films of Performances,Events+Lowell

FreeTime Productions - Theater/Improvisation Study

Brain Oil Press – My Writings and Colabarations + Others

Open Studios at Western Ave Studios

122 Western Ave, Lowell,Mass

Every first Saturday Noon - 5:00 pm

Brain Oil Press includes stories about Lowell in a style influenced by Charles Bukowski.Other stories include stories by contributors including E-Mail collaborations,original Sci-Fi Stories,and tales about bands,music and life.New series includeThings To Remember,Monologue and Notes Taken S ries.Reading has always been a favorite pass time of mine. Whether its a subject or an author I treat the subject like a study course because my interest,curiosity and commitment are always ready for a new adventure and something new to know and learn about.Writers I have enjoyed and enjoy are Idries Shah,Tahir Shah,John Waters, Charles Bukowski,Hunter S. Thompson,Robert Monroe and Carlos Casteneda to name a few.More recently Ruth Zaporah, Laurence G. Boldt,

United Prototypes could be called the manufacturing division.It includes art,sculptures,cds.dvds,and books for Brain Oil Press.Also props for theater,music,film and life.Lowell House Of Improv involves instruction in Theater and all forms of improvisation including Instant Theater.Music including improvisation with musical keyboard workstations Korg 01Wfd, Korg Karma and Casio Privia.Also Basic Guitar instruction and improvisation.Learn Digital Art and 3D Molding with Zbrush Roll and Toss Paint Method - Steadman Zenhead Method Video Processing with I-Movie editing footage for Youtube ALL INSTRUCTION IS FREE WITH ANY DONATION OF ANY AMOUNT.

Requirement T.I.M.E.

SlimeLine Cinema,Soul Patch Films,Golden Eagle Films and FreeTime Productions includes everything from bands and events I've filmed including friends from Lowell to gigs and appearances as Lance Gargoyle.Also included are Open Studio, Art Demo and Liquid Mission and Liquid Vision Series and recent home studio series recorded since 2010.Inside Southwick Studio and Inside Cote's Market are short documentary like series about Lowell or my local activities. This collection is 70 films about Lowell or local regional interestsis usually ignored by locals and t he general public.Five Youtube sites with over 200 videos Lenny Hall, Lance Gargoyle,Sidney Hipple,Lance Gargoyle Jr. and F.U.Maggott sites.

Cheapness Records includes FREE WORLD RADIO. Original unheard bands and music collected between 1999 -2002 from free music sites.Each cd has 100 or more songs.Volume One has 184 songs.Music is in all genres and styles from bands from a round the world.Our thinking is that the style or genre of music that people enjoy and listen to influence their mood,outlook and living mode of existence. Free World Radio gives listeners an opportunity to hear bands and music that is generally unheard. Much of this collection are bands or musicians influenced by Frank Zappa and King Crimson.Everything from Jazz to Classical, Experimental,Rock and everything in between are presented for an original musical experience. This series is basically a favorite mix of music not usually heard or available to the general public.

Off The Grid Theater - Street Theater with all the edges

Innovative Diversions accepts any donation for most items including art,music cds,all dvds,postcards and everything else except some 6x 9 meditation cloths.

Casting Roles For Future 2017 Productions

:Sidney Hipple :Duke Of Dingy

:Lance Gargoyle :Profeesor Berry

:Tony D'Wonderful :Sargeant Smegman

:Bobby Venus :Doctor Perverto

:Klunky Klipman :The Peeper

:Rufus Bing :The Smegmanettes

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:The Flugnoids-Progressive Community Performance Project

:Pick Scales-Local Jazz Legend

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:Crimpy Lee-Publicity Tramp

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FOR

Off The Grid Theater - Street Theater with all the edges

All Products,Services and Studies are free

Lowell House Of Improv

Presents

Captain Weirdo's Space Adventure

"Attack Of The Smegmanites"

featuring Lenny Hall as

Sidney Hipple

The Most Fun You Could Have With Your Clothes On

Spring and Summer Improvisation Studies

Easy and Fun for all ages -No Experience - Demo Lesson Free

Musical Improv with the Korg Karma + Korg PA900 Keyboard Workstations

Over 400 styles and Genres.Learn to create in minutes.

Create Unique & Amazing Digital Images and Molding with ZBRUSH.

Basic Video Editing with i-Movie using Past Studio Footage

Introduction to Theater + Improv Study and Practice

Keith Johnstone's Improv and Ruth Zaporah's Action Theater Methods

Improv Studies Includes

Play-A -Long Theater

Prop Driven Improv

Mobile Improv

Musical Improv

The Unknown Artist

An artist spends years trying to sell his paintings but no one buys them. Then one night thieves break in and steal all his paintings. They stash them

in an old shed in the woods. The thieves have a hell of a time with the paintings.

No fence will buy them, so finally they just give up and forget about them.

The years go by.

One day a hunter stumbles on the old shed and finds the paintings.

He tells his friend who is an art critic and the art critic realizes they must have found the life work of some poor hermit - an outsider folk artist who lived in the woods and painted. The critic puts up a display of the paintings at the art museum and does a newspaper article. Interest is aroused. Everyone wonders about the mysterious unknown artist who painted these works. Prices rise. Soon you have to be wealthy to afford one of the paintings.

One day the original artist, who by now is a broken old man who has given up all hope of ever being a successful artist, stumbles into the art museum (leaving his wine bottle in the parking lot) and gets a big shock when he sees one of his old paintings. "Hey! That's my goddamn painting! I painted that!"

The guard grabs him, but just as the guard is about to toss him out the door, the curator happens by. "Are you saying you painted those paintings?"

"Yes sir, by God, I painted them!"

There are several ways this story might end:

1) They believe him, but then the value of the paintings immediately falls when everybody realizes the artist is still alive.

2) They don't believe him because when they ask him to paint something he has the shakes so bad that it looks nothing like his old art.

3) They believe him, he becomes appreciated, and spends his final years in comfort.